

# Veterans Bridge to Recovery: August 2021 Program Calendar

**\*\*Calendar is subject to change. Please watch for updates! \*\***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>Last Updated:</b> <b>7/23/2021</b>	<b>2</b> 0900: Weekend Updates 1000: Mastering Anxiety and Worry	<b>3</b> 0900: Community Meeting 1000: Anger Management	<b>4</b> 0900: Community Meeting & Breathing Skills	<b>5</b> 0900: Community Meeting 1000: Health and Wellness	<b>6</b> 1000: Weekend Plans	<b>7</b>
<b>8</b>	<b>9</b> 0900: Open Forum 1000: Life Stories	<b>10</b> 0900: Open Forum 1000: Games/Social Hour	<b>11</b> 0900: Open Forum	<b>12</b> 0900: Comm Mtg <b>1000: Whole Health with Berlynn, Peer Specialist</b>	<b>13</b> 1000: Weekend Plans	<b>14</b>
<b>15</b>	<b>16</b> 0900: Weekend Updates 1000: Mastering Anxiety and Worry	<b>17</b> 0900: Community Meeting 1000: Emotion Regulation	<b>18</b> 0900: Community Meeting & Breathing Skills	<b>19</b> 0900: Community Meeting 1000: Health and Wellness	<b>20</b> 1000: Weekend Plans	<b>21</b>
<b>22</b>	<b>23</b> 0900: Weekend Updates 1000: Mastering Anxiety and Worry	<b>24</b> 0900: Community Meeting 1000: Anger Management	<b>25</b> <b>VBR CLOSED</b>	<b>26</b> 0900: Community Meeting 1000: Peer Support Group	<b>27</b> 1000: Weekend Plans	<b>28</b>
<b>29</b>	<b>30</b> 0900: Weekend Updates 1000: Mastering Anxiety and Worry	<b>31</b> 0900: Community Meeting 1000: Anger Management		<b>MN State Fair is open Aug 26<sup>th</sup>-Sept 6<sup>th</sup></b>	<b>Military Appreciation Day at the Fair is Tue Aug 31st</b>	<b>31</b>

**VBR info:**                      **VBR website: [www.minneapolis.va.gov/services/VBR.asp](http://www.minneapolis.va.gov/services/VBR.asp)**  
**Main phone: 612-313-3240**

**Dr. Martina Rodgers (VBR Program Manager): 612-313-3286**

**Ben Fischer (Social Worker): 651-230-2132**

**Karey Mason (Registered Nurse): 651-373-5591**

**Michelle Kelly (Peer Support Specialist): 651-347-3616**

**Please reach out to your fellow veterans. Ask VBR staff for the VBR member contact list.**